

## 6<sup>th</sup> Grade Post Test Information

Components of optimism, trust, and self-confidence are parts of emotional wellness

The main purpose of fitness testing is to help you know your current fitness level.

Goal setting is the first step in developing a personal fitness plan.

There are five components of fitness: muscular strength, muscular endurance, flexibility, cardiovascular endurance, body composition.

The FITT principle stands for: frequency, intensity, time, and type of exercise.

Frequency in the FITT formula is best when completed 3-5 days per week.

The purpose of a warm-up is to elevate muscle temperature and increase blood flow to the muscles that will be engaged in the physical activity.

It is important to stretch to make you more flexible.

Body composition is improved with cardiorespiratory endurance exercises because they burn calories at a fast rate.

If you want to increase the intensity in your workout you change the amount of weight being lifted.

If you change the type in the FITT principle you change the exercises you choose to perform.

When working on muscular strength and muscular endurance, time in the FITT principle is expressed using repetitions (how many you do).

Intensity during a cardiorespiratory endurance workout means how hard an activity is performed.

In the FITT Principle, intensity changes when you try to stretch further during your stretches.

Endurance is the ability to exercise for longer periods of time.

Muscular strength is the amount of force a muscle can produce in a single effort.

Flexibility affects range of motion around a joint.

The best indicator for measuring the intensity of your workout is your heart rate.

To check your target heart rate, you should check your pulse while exercising.

The Body Mass Index can be used to determine whether or not an individual is overweight or underweight.